TIPS FOR EXAMS

BEFORE THE EXAM

1. **Know what the test will cover!** Pay particularly close attention in class the day before exams. Most teachers will review information with the class and/or distribute review sheets!

2. **Have all of your reading done!** Leaving reading until the last minute will take up the time that should be used for reviewing the material and studying notes.

3. **Make flash cards!** To help in memorizing facts, formulas and vocabulary words, make flash cards to review.

4. **Be prepared!** Have everything you need for the test…pencil, calculator, book, notes…whatever is allowed, make sure you have it with you on test day.

5. **Start studying early!** Don’t wait until the last minute and cram. This causes a lot of test anxiety! Chart everything you have to do between now and the end of the semester and resolve to make progress every day on one or more projects during that time.

6. **Take breaks!** When studying, give yourself some breaks while you prepare for each exam. Go get a snack, watch a show, test a friend…then go back to studying refreshed!

7. **Get adequate rest!** You are much more likely to get sick if you haven’t been getting enough sleep.

8. **Eat well!** Balance your diet by eating meat, fruit, vegetables, starch and dairy. Stay healthy!

TEST TAKING SECRETS—ON TEST DAY

To feel more in control and perform better on tests, have a game plan. Here’s a checklist to help:

- Listen to and read all the directions before starting.
- Read the entire question before answering.
- Keep track of time. For example, twenty questions in one hour means three minutes per answer—pace yourself.
- Pay attention to words that affect the meaning of the question, such as no, not, never, always.

Answer easy questions first, then go back and answer the hard ones. Use the time at the end of the test to check over work and answers.

SEMESTER EXAM TIPS

Here are some simple preparation strategies for semester exams:

One week before exam time:

- Find out what the exam will cover.
- Ask what the format will be (essay, multiple choice, true or false).
- If having a partner motivates you, find a study buddy.
- Make a plan of when and what to study.

During study session:

- Go from broad to narrow. Start with chapter headings and subheadings, and then dig into details.
- Show what you know by asking questions, figuring problems, or creating charts and timelines.
- Pinpoint weak areas for further review.

The night before:

- Review your notes and textbook, especially information you’ve had trouble learning.